

SLEEP



www.oregonpainguidance.org/paineducationtoolkit



Is your pain worse when you don't sleep well?

Trouble getting to sleep or staying asleep?

Sleep too much during the day and not tired at night?

Start practicing these tips for better sleep



Go to bed and get up at the same time every day



Create a regular bedtime routine



Keep a balance between activities and rest



Make a plan



Make the place you sleep restful



Limit naps



Avoid caffeine in the afternoon and alcohol close to bedtime

A good night's sleep can reduce your pain





HOW PAIN AND SLEEP WORK TOGETHER:

Poor sleep can increase pain, lower your ability to fight infection, and increase inflammation. Restful sleep can help decrease pain and improve your mood, which helps you feel more energized, active and social. Good sleep can also reduce your cravings for unhealthy foods.

WHAT CAN MAKE THINGS BETTER:

Sleep often improves over time when you change your sleep habits, create a restful environment and reduce your stress. Good quality sleep improves your health and can boost your immune system.

A good night's sleep can help reduce your pain Start practicing these tips for better sleep



> GO TO BED AND GET UP AT THE SAME TIME EVERY DAY:

Regular bed and rise times maintain the body's natural rhythm and improves the quality of your sleep.



> MAKE THE ROOM WHERE YOU SLEEP RESTFUL:

Keep the room where you sleep dark, cool (67° or cooler) and quiet.



> KEEP A BALANCE BETWEEN ACTIVITIES AND REST:

Pace your activities throughout the day. Even a small amount of activity a day can improve your sleep at night.



> CREATE A BEDTIME ROUTINE:

Start a relaxing routine one hour before bed.



> LIMIT NAPS:

Think about doing things that get you up and moving, and less time napping. If you need to nap, limit it to 20 minutes a day.



> TURN OFF ALL SCREENS AN HOUR BEFORE BED:

Turning off devices helps quiet your mind before sleep.



> AVOID CAFFEINE (coffee, sodas, energy drinks) IN THE AFTERNOON AND ALCOHOL CLOSE TO BEDTIME:

Avoid caffeine eight hours before you go to bed. Alcohol can make you fall asleep but affects the quality of sleep.



> GET OUT OF BED IF YOU CAN'T SLEEP:

Do something calming in a dimly lit area and return to bed when you are sleepy. Avoid using screens.



> USE THE BED FOR SLEEP AND PARTNER TIME ONLY:

This helps your brain associate the bed with sleep.

Find more ways to help with your pain:
www.oregonpainguidance.org/paineducationtoolkit



My short-term goal:

Go to bed and wake up at the same time every day

Steps to reach my goal:

- I won't have any coffee after one
- TV goes off one hour before bed
- Limit naps so I can sleep well and not be tired